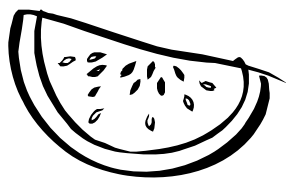


# 55 Ways to do 5 A Day



## Breakfast Breakthroughs

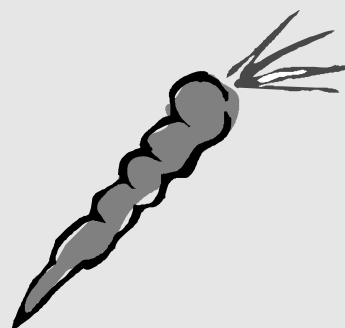
- 1** Top cereal with fresh or dried fruit.
- 2** Whirl up a fruit shake with your favorite fresh fruit, milk and yogurt.
- 3** Stir dried fruit into your muffin mix.
- 4** Top your pancakes with fruit instead of syrup, or mix the fruit into the batter.
- 5** Have a fresh grapefruit lightly sweetened with brown sugar or honey for breakfast or snack!
- 6** Don't forget about topping yogurt with fresh or dried fruit.
- 7** Top bagels or toast with pureed fresh fruit!
- 8** Remember to have that glass of 100% juice for breakfast to start your day off right!

## Smart Snacks


- 16** Keep single serving 100% juice boxes in your car.
- 17** Freeze unsweetened fruit juice into ice cubes or pops.
- 18** Drink a glass of 100% fruit juice—anytime!
- 19** Keep cut vegetables in cold water in the front of your refrigerator.
- 20** Buy precut packages of broccoli, carrots and cauliflower.
- 21** Put fruits and vegetables out while dinner is being prepared.
- 22** Put single serving raisin boxes in your cookie jar.
- 23** Use tomatoes to make a fresh salsa. Mix chopped tomatoes with minced onion, garlic & cilantro.
- 24** Prepare a berry spritzer by adding berry puree to sparkling water.
- 25** Serve cut up fruits and vegetables with a yogurt dip!
- 26** Make a YUMMY fruit salsa using grapes, pineapples and mangoes with brown sugar and onions!
- 27** Serve cucumber slices instead of crackers with dips and spreads!
- 28** Take along dried fruit as a snack.....
- 29** Pack an apple for your commute home.

## Easy Brown Bags


- 9** Add zucchini, carrot or sweet pepper strips to your lunch bag.
- 10** Try peanut butter and banana sandwiches instead of peanut butter and jam.
- 11** Use spinach, tomatoes and sprouts in sandwiches instead of lettuce.
- 12** Marinate a variety of sliced vegetables with low-fat Italian dressing and use with turkey in a pita pocket.
- 13** Add slices of fruit to your sandwich instead of the usual.
- 14** Try something different! Go meat-free in sandwiches and make it a veggie sandwich instead!
- 15** Include one fresh fruit and one fresh vegetable in all brown bag lunches.



## Quick Dinner Tips

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- 30** Use spaghetti squash instead of pasta or rice in your favorite dishes.
  - 31** Add vegetables to a can of soup.
  - 32** Substitute finely chopped vegetables with low-fat ricotta cheese for meat in your lasagna recipe.
  - 33** Cook veggies for 5 minutes in the microwave.
  - 34** For variety, try a veggie potato bar!
  - 35** Order extra vegetables when eating out.
  - 36** Use fruit canned in water or its own juice to top salads.
  - 37** Garnish your favorite dishes with colorful fruits and vegetables (like tomatoes)!
  - 38** Add pureed or finely minced vegetables to your meatloaf, or spaghetti sauce.
  - 39** Quick Veggie Pizza: Top a pita pocket with spaghetti sauce, low-fat cheese and vegetables.
  - 40** Use greens other than iceberg lettuce in your salads.
  - 41** Add veggies to your pasta.
  - 42** Top a baked potato with salsa.
  - 43** Add 1-3 more vegetables in casserole recipes.
  - 44** Use pureed fruit for a sauce over meat.
  - 45** Add pureed vegetables to thicken sauces, soups, or casseroles.
  - 46** For a south of the border flavor, make a layered vegetable burrito. Start with rice, beans, cheese and corn. Then bring on the veggies!
  - 47** In place of stir fry or teriyaki sauces, use undiluted frozen 100% juices.

## Daring Desserts

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- 48** Prepare Jell-O with juice instead of water and add fruit slices.
  - 49** Use two times the amount of pureed canned beans for oil in cake mixes for a low-fat treat!
  - 50** Mash or puree fruit, sweeten lightly and serve over ice cream.
  - 51** For a treat, pour Sprite over cut up fruit.
  - 52** Bake pears or bananas with brown sugar and pineapple juice. Stuff them with raisins and spices.
  - 53** Use canned baby food prunes or applesauce in place of fat in muffins and cake mixes.
  - 54** Top off a piece of angel food cake with fresh fruit.



Just Do It....

**55**

Be experimental. Try a new vegetable or fruit (or a different method of preparation) each week! Find new ideas on [www.hearthighway.org](http://www.hearthighway.org)

